

FACES OF RECOVERY

JULY 2015

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COUNCIL MTGS****Spreading the Wings of
Recovery at Keystone****Date:** Sept. 18, 2015**When:** 10 am-3:30 pm**Who:** You**What:** Picnic Foods**Why:** Recovery Book
Many Paths of Recovery**Guest:** Elisha Coffey**How:** Through video con-
ferencing**Mission is Possible**

Recovery for me started two years ago. I was hospitalized for a year, I lived in a supportive living program. Now I live in my own apartment which has made Recovery real for me in a way I never thought possible. Depression had become a normal way of life for me. Making the decision to work on recovery was hard one, for many years I felt that my life was complete, admitting it isn't as has been very hard.

The motivating factor to work on recovery was the affects that my actions had on my family. The relationship that was developing with my sister was a major impetus. When deciding to work on recovery, using all the resources available was an important factor. I made a conscious decision not to give up. I needed to know myself and advocate even when it meant hospitalization.

Being a fully functioning individual made it hard to convince people in the mental health field of my real need for help. I was my strongest advocate and succeeded in getting the help I needed. The next step for me was to make a list of the things I needed to do in order to move forward with my recovery.

Finding the right meds was of the utmost importance. Meds would give me strength to fight my depression and hope for a better way of life. I decided that I must listen to my treatment team. I didn't understand the importance, therapy helped me find the root of my depression. My life learning DBT skills gave me a way of dealing with my daily episode of depression.

Over the past eight years my family has moved in different directions. We spend little time together and I'm often alone. I received support from their staff, especially over the holiday season when I lived with so many memories of happy meaningful time spent participating in family activities.

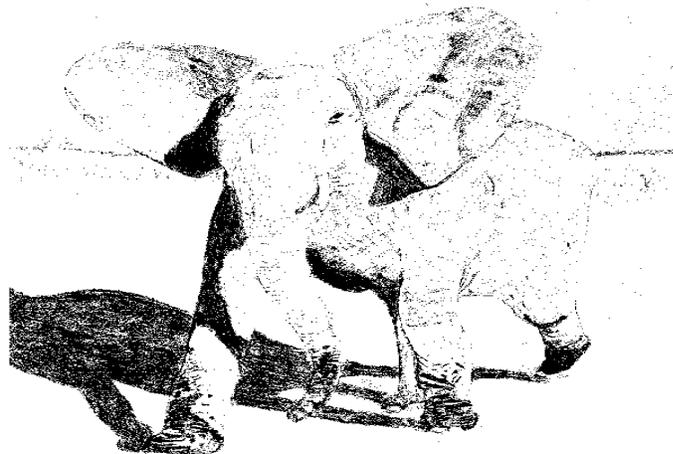
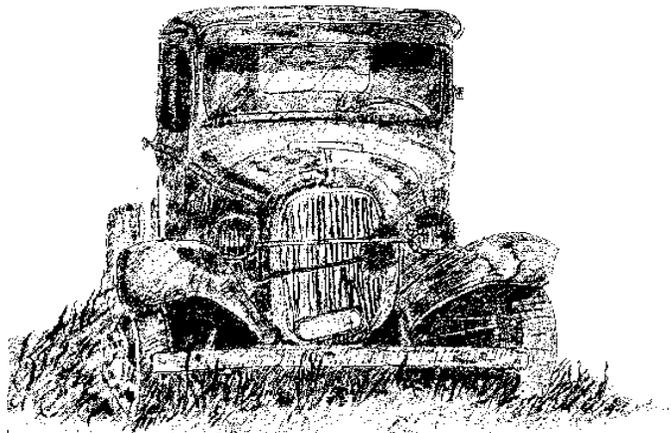
Partnering for Change

Currently Keystone Human Services is in the process of re-evaluating and redeveloping its Orientation program for New Employee Orientation. Several Leadership Council members are having an opportunity for their voices to be heard in the planning process. They include Telissa Gorman from Chambersburg, Karl Schwartz, a graduate of our Lancaster program, and Kim Morrison.

They are each full partners as Keystone prepares to move forward in creating an Orientation that offers employees the skills and understanding to develop meaningful relationships with the people whom they serve.

As the Education and Training program continues to develop there will be an increasing number of opportunities for individuals with lived experience to be resource individuals, program development and trainers for the classes offered in the future.

As trainings are being planned for the fall, individuals are being invited into the process. Is there a specific type of class that you have taken and would like to co-facilitate or a training that you have the unique gifts and talents to offer? Please contact Paul Snyder at 8182 Adams Drive or email him at psnyder@keystonehumanservices.org.



Mission Is Possible (continued)

As the holidays approached I knew it would be difficult for me. DBT skills that I learned would become important with dealing with the depression that accompanied the holidays. Keeping my mind in the present moment was important. I had to accept things the way they are and find joy in the present moment. I think it's important to be cognitive of this and work on creating a positive mental attitude.

Doing art was one way for me to stay positive. I first started drawing and new painting a year ago. Art was something I always wanted to pursue and with the encouragement of my therapist I started at one way I can keep my mind on the present. The results serve as a positive affirmation of what I can accomplish.

Thanksgiving Day started for me with three hours of art. At mid-morning I had a long, meaningful conversation with my sister. Around noon I had a nice visit from the staff at Keystone. Now it was mid-afternoon and time to start the turkey. Making a turkey was a way of doing a little self-soothing, helping to keep attitude by the time I ate dinner. Evening approached and the day had passed. Through the caring of family and friends I made it through day. I experienced a different type of holiday and it was a happy time which was my focus. During the day I felt depression creeping in and dealt with each episode as it occurred.

With Christmas approaching I was conscience of doing things to feel happy, rather than isolating. Isolating would magnify my depression. I started the Christmas season by going to a party at the library. This was the first Christmas party I went to in many years. This was hard to do. In the past I would have isolated myself. The nice things that were said and Christmas theme got the season started in a positive way. I decided it was important to do the things that brought me joy in past Christmas. I started by painting a decoration for my apartment. Seeing an image of Christmas hanging in my apartment created a positive image in my mind. Surprising people with gifts has always brought me joy, and for years I did this with handmade wooden crafts. Sanding brought me much joy. Making family and friends feel happy with something I created was something I have always aspired to do.

This year instead of crafts I used my art. I was able to surprise my sister and a friend with a gift. Seeing and hearing their joy and appreciations made my holiday, another way to keep a positive view. I did on Christmas Eve. I went into the city and wished the market stand holder.

Dealing with depression during the holidays is much like every day. We can do things to create joy, but the joy is short lived and depression returns. We must be cognitive of this and combat the negative feelings as they arise, before they overtake our thoughts. We need to use these instruments to create a happy song rather than singing the blues.

This isn't an easy song to write. I work on it every day. DBT has provided me with many useful tools. Meds and therapy give me the hope I need. My goal for recovery is to be able to bottle the feelings of joy I experience, and drink from it daily. Keeping my depression in the background.

Today I will win.



On the day I am done, it will be said by some
That my mental wellness has not won.
One day that will come.
Staying positive and on the right track
Is how I keep my thoughts from coming back.
The voices tell me I am weak
But they are wrong I am strong.

Today I will win.

This is the day my life begins
From within.
Alyssa Schenk

Alyssa is a participant in the Rose Garden Center

This poem was published in
“Pushing it to Paper: Poems of Resiliency”
PAPRS Emerging Adult Poetry Collection 2015

Conferences and Recovery

Spring is the time when conferences and trainings abound!

PRA come to Philadelphia

For the Spring of 2015 there was additional excitement as Pennsylvania hosted the Psychiatric Rehabilitation Association conference in Philadelphia and was strongly supported by Keystone by their employees and by Management. The conference was from June 1-4, 2015.

Many of you are aware that one reason we wrote the Recovery In Our Own Words book was so that individuals would have an opportunity to attend state and national conferences. As a result of this planning, Keystone was able to sponsor four individuals with conference registration and two individuals with lodging.

Individuals came by car, train, and subway to the conference but it was important to them to have an opportunity to have their voices heard. There were lunches where individuals from Harrisburg and Delaware county were able to meet together, share each other's passion for recovery, and grow together.

Individuals from Leadership Council were manning the Keystone table and learning from others as they developed new connections, asking questions that stimulated discussion in the workshops, and participating in the coalition and planning meeting that occurred during the conference.

With over one thousand people in attendance it was a significant time for growth and empowerment and offering many ideas going into 2016.

Dauphin/Cumberland Perry CSP Recovery Conference

This conference was attended by thirty individuals from Keystone including individuals from not only Central region, but from Lewistown and Lancaster as well. We had well over 220 individuals at the conference this year. This is feedback received about the conference:

Upon arriving at the 2015 Recovery Conference the guests were greeted by friendly and informative registration staff outside the conference room. Inside the room there was a nice continental breakfast of fresh fruit, granola bars, tea, and coffee set up. This gave the guests a chance to have something to eat and drink as they greeted each other and visited the vendor tables.

The conference opened with the guest being greeted by Kim Pry Dauphin County CSP and Joseph Martin Cumberland Perry Counties CSP. They presented a nice statement of what the conference was about and what would be covered. Next the Hope Troupe spread the message of hope through their music, stories, and poetry. They should be commended for achieving their goal with enthusiasm and originality.

Then Stacy Kyle and Annie Oiler presented the Keynote Address: Building Leadership through Public Speaking. It was both informative and motivational for anyone wishing to use their own story of recovery to help others. Next Linda Thomas of Keystone Leadership Council, Ed Smith of Double Trouble, and Victoria Craig of Philhaven Peer Support spoke on the topic of Leadership in Recovery. This discussion was highlighted by three panel members from different recovery programs and their role in leadership within the community. They are able to help others going through the same experiences that they had. Once again the message of Hope and Inspiration came across very well.



EMPOWERMENT

EDUCATION

BIRTHS

TRANSFORMATION



Spring Conference (continued)

After a very well prepared lunch and a break to stretch and visit, the vendor afternoon workshops began. The guests had a choice of four different workshops in each of two different time periods. The workshops covered a variety of topics and were headed by knowledgeable individuals in each area. The workshops gave the guests a good opportunity to interact and share their stories.

As a first time participant in one of these conferences, I walked away with much information about what is available in the community, for people who are experiencing mental illness. The interaction with other consumers was very positive for me. I left the conference inspired and truly hopeful about continuing my recovery from mental illness. By Karl Schwartz

Leadership Council members were leaders throughout the conference representing Dauphin County as panelists, being co-presenters on two workshops and having three individuals collaborate on the creation of the Keystone workshop on Partnership.

Your Voice Matters!

Wellness Conference in Franklin Fulton 5/8/15

Wellness Conference was attended by Lynn, David, Bobbie. Workshops they enjoyed included: growing flowers, exercises meditation. There was a lot of love between both the people at the conference and the presenters. They really cared.

Joint article by Bobbie, Lynn, and David

Personal feedback: This conference was my first MH Wellness Conference and I really enjoyed the Conference. I went to the Gardening, Exercise, and Stress management classes. I was able to take a plant home from the Gardening class and I have been taking good care of it. In the stress management we learned how to use deep breathing exercises as a coping skill. During the exercise class, I learned simple exercises that I can do at home. By Bobbie Jo Heffentrager

Walking in Stride for Recovery

Mental Health Association's Walk the Walk for Mental Health 5/22/15

I liked participating in the MH Walk the Walk on Friday, 5/22/15. This was the first time I was able to participate in something like this. I had fun at the walk. I had fun talking to my fellow peers from the Keystone Center, as well as the other peers that I didn't know. The lunch provided was very good. They had a special graduation for individuals who attending the Mental Health Association's Leadership Academy and three individuals from the Keystone Center graduated from the Mental Health Association's Leadership Academy during the lunch break. Bobbie Jo Heffentrager

Our annual Recovery Walk included Bobbie, Lynn, and David, who all participated in it. A good time was had by all as we walked in the community to educate others. Joint article

Cumberland Perry CSP Recovery Walk 5/1/15

Cumberland Perry CSP celebrated with their largest Recovery Walk ever! There were 212 walking the streets of Carlisle for Recovery in their CSP green t-shirts and sharing a lunch at the pavilion afterwards.

Congratulations!

What is Recovery?



Recovery is different for everyone.

For me it is being treated with respect

Finding housing,

Employment

And education.

Recovery is having my health needs met

With effective medications

And treatment for the whole of who I am.

Melissa Branch, Harrisburg

The sunlight of the Spirit has entered my heart and soul.

I've gained the ability to stand tall in spite of the buffeting winds of life.

This only happens from the love and support of God and organizations like the Keystone Center!

How mighty it feels to withstand adversity. This comes from sharing their roots of their strength with us. It is no coincidence that the arch we walk through is centered by a keystone.

The Keystone Center has helped me to intuitively surrender to old inspirations and focus on a gradual progress in life. I believe God has set forth a course that is obtainable for me.

I applied for the Psychiatric Rehabilitation Worker position here at the Chambersburg Keystone Center.

Just applying for a new career was the first small movement in my rehabilitation process.

I see the arch being continued with this simple mustard seed of faith.

Mr. Jeffrey S. Hoose, Chambersburg

Growing Leadership Council into Tomorrow

This is our year to grow! We have heard from various regions from the voices of peers, we have technology that can actually connect us with each other and we are being appreciated and valued for the voice individuals have to offer in partnership with Keystone. Leadership members have been recognized for their work as volunteers: 2015 Volunteers Recognized: Kim M., Linda T., Patti, Connie Z., Jeremy J., Robert K., Bobbie Jo H., Lynn T., Earl H., Danielle L., Brandy B., Telissa F., Clair F., Jackie E., Ken B., Karl S.

As we move into the 2015-16 year we have several goals:

1. Increasing our membership across the Keystone. We have started this process by developing promotional stories on “What Leadership Council Means to Me” and will be sharing these materials at upcoming staff meetings. Currently we are awaiting published descriptions of Leadership Council as part of the Keystone brochure.
2. Birthing Recovery In Our Own Words II. We started this process last year with cross agency discussions with Shelley Bishop on how Recovery emerges from Hope. This fall we are hosting a Spreading the Wings of Recovery event on September 18th for a cross-agency discussion with Elisha Coffey of How Recovery Finds Many Pathways. We are still planning to offer a Recovery Café where individuals can share a space to use creative materials to consider the principles of Recovery in their lives.
3. Increasing involvement in Keystone Training and Development: This year we had members of Leadership Council in the WRAP Facilitators class and they are now facilitating classes at the Rose Garden. We have three members who are part of helping to redesign the purpose of training at Keystone and the New Orientation for Employees. The voice of people who use services is invaluable in this process. As we move forward we plan to have more individuals involved in planning and facilitating in Keystone trainings.
4. Opportunities to develop Personal Advocacy Skills: Through the relationships that we’re building, individuals have become part of Take 5 the MHASE email Advocacy project, and individuals have begun participating in conversations to educate legislators by sharing their personal stories. Members will have the opportunity for addition training in this through collaboration with DASH in the coming year through teleconferences and networking. This year Kim began this process in collaboration with MHASE.

Linda Thomas captured this development in a profound way by sharing:

“We are part of Mental History and Transformation”

Come become part of the transformation because your Voice Matters!

Celebration: Your Voice and Work Does Matter

Opportunities To Grow:

Patti Uhrich is finding more opportunities to grow. Not only does she do freelance writing and volunteer at Hershey Medical Center to educate medical students by doing demonstrations of patient responses to various forms of treatment, but she will be performing in Oliver as part of Hershey’s Theatre this summer.

Karl Schwartz, whose story was shared in this issue, has now graduated from Supportive Living and is living independently in Lancaster.

Tessibel Gorham, Karl Schwartz, and Kim Morrison are now serving on the New Employee Orientation Team at Keystone Human Services Mental Health.

Opportunities to Advocate:

Kim Morrison joined with Gina Calhoun, Scott Heller and the MHASE (Mental Health Association of Southeast PA) to spend the day at the Capital educating legislators and the administrative aides on the realities of living with mental illness this spring. She says it was a long day with a lot of walking but people were listening and shares their own stories of family members who live with mental health challenges.



Time in the Country Artwork by Karl Schwartz

Mission is Possible

Your mission is to find your road to recovery. Your responsibility should you to accept it to arrive at wellness and celebrate now. It will be a turbulent journey and you will need all the tools in your tool box and your pocket wrap.

Chambersburg Art Show Chambersburg Mall

May 16-17

The Chambersburg Art Show is an annual event in Franklin Fulton County Bobby, Lynn and Jeremy displayed artwork. This year's show was called Good to be Back and I was able to attend on Friday and Sunday of the show. I liked talking to the people at the Mall, showing them the art work, telling them about the art show, and asking them to vote on their favorite three. 48 individuals with a mental health diagnosis participated in the art show and they submitted 94 projects to be voted on. By Bobbie Jo Heffentrager

Leadership Council Meetings

Friday July 10 Leadership Council Teleconference with Chambersburg and 8182 10am Polycom

Tuesday July 21 Leadership Council Meeting 8182 Adams Hummelstown and Lancaster/Delco 5pm Polycom

Friday August 21 Leadership Council Teleconference with Chambersburg and 8182 10am Polycom

Tuesday August 18 Leadership Council 8182 Adams Hummelstown and Lancaster/Delco 5pm Polycom

Friday September 18 Leadership Council Spreading the Wings of Recovery

Tuesday September 22 Leadership Council 8182 Adams Hummelstown and Lancaster/Delco 5pm Polycom

Meetings are available via teleconference call in please email Kathyann if you plan to join so you can receive phone information.

kcorl@keystonehumanservices.org

September 18 Spreading the Wings of Recovery Across Keystone!!

Virtual Recovery Picnic Agency wide Webinar with Guest Speaker Elisha Coffey from ICAN (Involved Consumer Advocacy Network)